



Terms & Conditions

Effective Date: 8/1/25

Welcome to the website for **OsteoStrong Rancho Cordova East** ("we", "us", or "our"). Please read these Terms & Conditions ("Terms") carefully before using the site at <https://centers.osteoststrong.me/rancho-cordova-east> (the "Website"). By accessing or using our Website, you agree to comply with and be bound by these Terms. If you do not agree, please refrain from using the Website.

1. Acceptance of Terms

By accessing or using our Website, you certify that you are at least 18 years old (or the age of majority in your jurisdiction) and have the legal capacity to enter into these Terms.

2. Modifications

We reserve the right, at our sole discretion, to modify or replace these Terms at any time. Revised Terms will be effective immediately upon posting. Continued use of the Website after changes signifies your acceptance.

3. Website Use

You must use the Website solely for lawful purposes and adhere to all applicable local, state, national, and international laws. Any unauthorized or prohibited use is strictly forbidden.

4. Services and Content

- The Website describes OsteoStrong's services, including benefits such as improved bone density, strength, balance, posture, and reduction in HbA1c
- Information on the site is for educational purposes only and should not be construed as medical advice. Always consult a qualified healthcare provider before acting on such content.

- Testimonials, images, and statements (“Results may vary”) reflect individual experiences and are non-guaranteed
- Statements have not been evaluated by the FDA and are not intended to prevent, diagnose, treat, or cure any medical condition

5. Health Disclaimer

Important: OsteoStrong is not a gym and involves use of specialized devices that emulate high-impact loads. While statistically safer than traditional high-impact activity, there are inherent risks. Use at your own risk. Consult your physician if you have any health concerns.

6. Membership and Sessions

- Your first session will include orientation and education, typically taking longer than regular visits.
- Regular sessions are approximately 10 minutes or less
- Operating hours:
 - Tuesday: 9 AM – 3 PM
 - Wednesday: 12 PM – 6 PM
 - Thursday: 9 AM – 3 PM
 - Friday: 9 AM – 4 PM
 - Monday, Saturday & Sunday: Closed

7. Intellectual Property

All content on the Website—text, images, logos (including “OSTEOSTRONG®”), and other materials—are owned or licensed by True Wellness, LLC, or OsteoStrong® Franchising, LLC and are protected by copyright and trademark law. No rights are granted for reproduction without explicit written permission.

8. Liability and Indemnity

- The Website is provided “as is” without any warranties, express or implied.
- We are not liable for any direct, indirect, incidental, or consequential damages arising from your use of the Website, including injury or loss resulting from reliance on Website information.
- You agree to indemnify and hold us and our affiliates, officers, employees, agents, and franchisees harmless from any claims or demands arising from your use of the Website or violation of any Terms.

9. Third-Party Links

We may link to third-party websites for your convenience. We do not control or endorse these sites and are not responsible for their content or privacy practices.

10. Privacy

Our Privacy Policy governs collection, use, and protection of your personal information. By using the Website, you acknowledge that you've reviewed that policy and consent to data collection as outlined.

11. Governing Law

These Terms are governed by the laws of the State of California. Any disputes will be resolved in the state or federal courts located in Sacramento County.

12. Severability

If any provision of these Terms is held invalid or unenforceable, the remaining provisions remain fully in force.

13. Entire Agreement

These Terms, along with any documents they incorporate, make up the entire agreement between you and us regarding your use of the Website and supersede any prior communications.